



TSHLC WELLBEING NEWSLETTER- FEBRUARY

CONNECT

For this month, your mission is to spread love, this could be by checking on your friends and maybe sending a lovely message reminding them how incredible they are. Disconnect from any negativity and spread love at home and online :)



SPREAD THE LOVE, NOT THE VIRUS!

Oh February, this Valentine's Day let's brighten the day of someone special to us! This could be your parents or your friends, we encourage you to do something positive for them and to show your appreciation. For this, you might want to bake some goodies or make some cards for them! Here are some links to help you:

<https://www.goodhousekeeping.com/holidays/valentines-day-ideas/g1332/diy-valentines-day-cards/>

<https://www.pinterest.co.uk/pin/336433034650734590/>

Remember to stay safe and healthy everyone, love from the Student Wellbeing Team! 😊

BE ACTIVE

In this month of February, while at home it may be hard to get some fresh air. Take some time to go out with your family on a walk or maybe even a jog! Share some fun memories from when you were a young child even!

NOTICE

When you think of yourself, what feeling do you get first? What is the picture that comes to mind when you think of "you"?

Say right now: "I know I am a worthwhile person! I believe in myself in my abilities. My self-confidence is high and I can do anything I want in life. People love me and respect me, and I nothing can stop me from becoming who I want to be!"

GIVE

Give yourself some self-love this February. Working from home can be hard, you deserve to be treated! Grab a face mask, a film, some chocolate and sit down and relax. Remember to give yourself some time to focus and take care of your own needs and wellbeing.

LEARN

This Valentine's Day, you could learn to make an origami rose and give it to someone dear to you. It's a great skill and the end result is beautiful! Check out this video tutorial:
<https://www.youtube.com/watch/wSesWQ-51ZM>



